

# HIGH-STAKES BOUT

MITT ROMNEY AND BARACK OBAMA SQUARE OFF ON FOREIGN POLICY. READ FULL COVERAGE OF MONDAY'S DEBATE AT METRONEWS.CA

Learn how modernizing OLG can benefit you. Visit [ModernOLG.ca](http://ModernOLG.ca)

Lotto

Friday's Jackpot

## \$50 MILLION

estimated

— PLUS —

**50 EXTRA**  
estimated

## \$1 MILLION

PRIZES

LONDON

# metro

metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

Tuesday, October 23, 2012

News worth sharing.

# City eyes fixed rate for water



Couns. Paul Hubert, left, and Matt Brown talk during a Monday committee meeting in council chambers. The city is using the Pipe In! display in the background to start a discussion about the value of water, as councillors consider adopting a new model for tallying water and sewer bills. ANGELA MULLINS/METRO

**Pipe In! campaign.** Higher fixed rate for utilities could lower average bill while bringing needed revenue to city

**ANGELA MULLINS**  
angela.mullins@metronews.ca

People can weigh in Nov. 12 on a proposal that could lead to lower utility bills for some property owners.

Council's civic-works committee scheduled the public-participation meeting after fielding a staff report on a new rate structure for water and sewer.

The proposal would see a fixed rate account for about 30 per cent of what residential property owners pay. Right now, a fixed rate accounts for about one per cent of bills.

That's a problem for at least one councillor.

"My concern is once we go down the fixed-rate road, we

**At a glance**

Impact on water and sewer bills under the new rate structure, based on annual consumption:

- 80 cubic metres, would pay less
- 180 cubic metres, would pay less\*
- 200 cubic metres, would pay less
- 250 cubic metres, would pay more
- 300 cubic metres, would pay more
- 10,000 cubic metres, would pay less
- 30,000 cubic metres, would pay more
- 100,000 cubic metres, would pay more
- 500,000 cubic metres, would pay less

\* Considered the average homeowner in the city

can't get off it," Coun. Stephen Orser said, noting he doesn't want that road to become a "way to push a lot of monies" into the city bank account.

Others praised the mod-

el, saying it brings needed revenue to the city while allowing people some control over what they pay.

City officials say making the fixed rate a larger percentage of bills is critical to making the water and sewer system revenue neutral. The city has been losing money for more than a decade as people conserve, driving bills lower.

Moving ahead with a higher fixed rate would mean fewer rate increases in the future. The city had planned annual increases in the range of four to eight per cent through 2018 to make the system "sustainable."

"With this model, we feel we can achieve that goal by 2016 for water and by 2017 for sewer," city engineer John Braam said.

Despite the fixed-rate component, many property owners are expected to see their bills decrease.

The average homeowner, for example — classified by the city as one that consumes about 15 cubic metres a month — would save about \$3.73 a month.

## A gig that's out of this world

As the man in charge of a key component of the Mars rover, University of Guelph physicist Nick Boyd has an eye out for signs of life on the Red Planet PAGE 5

## Eyes on the paper trail

The RCMP probe of Mayor Joe Fontana's payments for his son's wedding could take a long time, a lawyer says PAGE 3

## Economic dominoes

The IMF has warned that Canada is not immune to a financial meltdown. Metro money expert Alison Griffiths offers tips on how you can protect yourself PAGE 13

## Crossover princess

With her fourth album, *We Are Never Ever Getting Back Together*, country singer Taylor Swift enlists the help of some pop-music power-houses PAGE 8

## Helping kids be healthy inside and out

# The healing power of conversation

By Rona Maynard

Ever since your child began to speak, the two of you have been talking about health. You've been a tireless advocate for broccoli, sunscreen and a good night's sleep. But chances are there's one topic that could use more attention. When it comes to mental health, a communication gap divides Canadian parents from their kids.

More than half of Canadian parents never discuss their child's mental health with anyone, according to the 2012 RBC® Children's Mental Health Parents Poll<sup>1</sup> — most often because they think it's not an issue. Of those who do talk about it, 51 per cent never raise the subject with their child. Yet parents overwhelmingly believe that if their child did have a problem, they'd be the first to know. They're very likely wrong.

Who would kids tell about a mental health concern? RBC asked the real experts: kids. In a companion poll of 115 children who visited the website of Kids Help Phone, a free and confidential counselling service for youth, friends topped the list of confidantes, with mom a distant second. Twenty per cent of kids would not open up to anyone.

"Kids who suffer in silence can obsess over what are often solvable problems to the point of becoming dysfunctional," says Dr. Ian Manion, adviser to the RBC Children's Mental Health Project and executive director of the Ontario Centre of Excellence for Child and Youth Mental Health.

The potential consequences range from plunging marks and broken social ties to substance abuse, self-harm and suicide.

You can do a lot to promote mental wellness in your child and to equip them with



tools for better coping. With every day-to-day conversation about feelings, you show that it's OK to talk about them. Here is Manion's advice:

- **Set a good example.** If you're feeling tired and grumpy after work, admit it. You might tell your child that you'll be ready to play after a cup of tea. "Parents sometimes think they have to be role models of mastery," says Manion. "It's equally important to be a role model of coping when things get tough."
- **Talk to your child at her level.** A three-year-old doesn't need to know that cousin Joey has Asperger's syndrome. She does need to understand that Joey can't help his puzzling behaviour. One way for parents to put it: "I'm glad you asked me about Joey. He's different from you and me because his brain works differently."

**"Praise your child for bringing concerns to you."**

- **Encourage openness.** Praise your child for bringing his concerns to you. Remind him that you're always ready for his questions. If you don't have the answer, the two of you can find it together.
- **Problem-solve with your child.** Suppose she's in a funk because she didn't get the part she wanted in the school play. Let her tell you how crushed she feels. Point out that while disappointment is OK, beating herself up is not. Would she like to try out for the next play? Meanwhile, how can she use her strongest skills to feel successful now — perhaps in sports or music, or in some other

contribution to her school community?

• **Watch for conversation starters.**

A TV character who's being bullied, a celebrity with an eating disorder ... daily life is full of opportunities to show that no topic is off limits, even the most challenging. If your teen mentions that a local youth has died by suicide, that's your cue to express your sorrow and concern. Has your child or anyone he knows ever felt so desperate that suicide looked like the only option? What can a young person do if those feelings return? Make sure your child understands that emotional pain can be treated, just like physical pain. And you're there to help, just as you were when he first skinned his knee.

*Rona Maynard is an author, speaker, mental health advocate and former Editor of Chatelaine.*

## Test your mental health IQ and support Kids Help Phone

Since 2008, the RBC Children's Mental Health Project has donated more than \$16 million to more than 200 organizations across Canada. You can help us help kids. Please visit [rbc.com/childrensmentalhealth](http://rbc.com/childrensmentalhealth) and test your knowledge of children's mental health. For every completed quiz, we'll give \$2 to Kids Help Phone<sup>2</sup>, a free, confidential counselling service for youth nationwide.

<sup>2</sup> To a maximum donation of \$50,000.



**RBC**  
Children's Mental  
Health Project

This is a special feature brought to you by the RBC Children's Mental Health Project. Visit [rbc.com/childrensmentalhealth](http://rbc.com/childrensmentalhealth) to view the entire series.

<sup>1</sup> The RBC® Children's Mental Health Parents Poll of 2,568 Canadian parents was conducted by Leger Marketing. <sup>(R)</sup> Trademark(s) of Royal Bank of Canada

Third-party advertising

## Bud Gardens asking city to waive ad rules

Budweiser Gardens is looking for an exemption to city rules that, if granted, would increase revenue and bring the venue up to speed with other facilities across North America, officials say.

The facility wants to sell gate sponsorships to corporations. In exchange, companies would be allowed to place advertisements, like logos, on the buildings' facade.

Such third-party advertising is prohibited downtown under the city's sign and canopy bylaw, venue officials said in a letter to council's public safety committee.

Representatives from the facility will explain the plan and formally request the exemption during a committee meeting at 4 p.m. Tuesday in council chambers.

ANGELA MULLINS/METRO

Fled on foot

## Police seek third male suspect in drug case

Police are looking for a man who fled on foot after a traffic stop resulted in drug charges against the other two in the vehicle.

Middlesex OPP found what is reportedly marijuana during a traffic stop Sunday night on Admiral Drive and Veterans Memorial Parkway.

Taylor Campbell, 20, and Christopher Duclos, 27, both of no fixed address, have been charged with trafficking. Both are being held in custody.

A warrant has been issued for the third suspect, Justin Ralph, 22, of Elliot Lake, Ont.

Anyone with information is asked to call Crime Stoppers at 1-800-222-8477 (TIPS). METRO

Cooper site

## Human remains found in Stratford

Police in Stratford are investigating after human remains were found near the so-called Cooper site.

Police had the area taped off and several streets are closed around the site of the discovery.

The Cooper site is a large abandoned building, located near a development by the University of Waterloo.

THE CANADIAN PRESS



Mayor Joe Fontana, seen in a committee meeting earlier this year, has denied all allegations of misappropriating money. ANGELA MULLINS/METRO FILE

# Fontana probe may be lengthy: Lawyer

**RCMP investigation.** Mounties expected to painstakingly follow the payments, talk to multiple people



ANGELA MULLINS  
angela.mullins@metronews.ca

The cloud of allegations that Mayor Joe Fontana misappropriated thousands of dollars in taxpayer money could be hanging over London for a long time, a local lawyer says.

RCMP investigations like the one prompted by the claim can take months — if not years — to complete, Phillip Millar said Monday.

Timeline

The past few days for Mayor Joe Fontana:

- **Thursday night.** Media reports first allege Fontana used taxpayer money to cover personal bill at Marconi Club.
- **Friday.** Fontana issues first statement, saying he is

looking into matter and is "confident" his review will "demonstrate all transactions were proper and valid."

- **Sunday.** Fontana issues second statement, saying his finances show "personal payment" made to Marconi Club during time frame in question.

"RCMP move slowly and thoroughly on these files," he told Metro. "They'll err on the side of caution."

Media reports allege Fontana used more than \$20,000 in taxpayer money to cover the bill for his son's 2005 wedding

reception at the Marconi Club. Fontana was serving as the Member of Parliament for London North Centre at the time.

The mayor issued a statement Monday morning saying he has retained lawyer Gord Cudmore and has been

advised not to comment until the RCMP investigation is complete.

Less than a day earlier, Fontana issued a slightly longer statement saying his "preliminary review" of documents and financial statements "clearly indicates a personal payment made to the Marconi Club during the time frame in question." He did not elaborate on the nature of the payment.

Fontana's case is likely to get the utmost attention from Mounties, Millar said, as they interview potential witnesses and chase a paper trail tied to the alleged Marconi Club cheques.

"They're going to be very careful because a Member of Parliament is very high profile," Millar said.

# Tourism convention adds to tally

About 500 tourism officials from across the province will land in London this week to talk about what they know best — attracting more outsiders to Ontario.

As they try to crack that nut amid high gas prices and fewer cross-border shoppers, the tourism aficionados will be giving the Forest City a boost.

Events like the Ontario Tourism Summit are critical to filling hotel beds and pumping money into local restaurants, said John Winston, Tourism London's general manager.

Since the city doesn't have big attractions that draw throngs of people each year, event-based tourism is London's bread-and-butter.



John Winston CONTRIBUTED

"We're a strong second-tier destination. We are not gifted by having major attractions or natural attractions," Winston said.

With fewer big events than in the past, Winston expects

Talking tourism

- The Ontario Tourism Summit will be at the London Convention Centre on Tuesday and Wednesday.
- The summit is an annual event hosted by a different city each year. London had to submit a bid to be named this year's host.

2012 tourism numbers will be down when reported next summer by the Conference Board of Canada.

Overall, "visitations to Ontario have been not as robust

as they have been in the past," Winston said. But, generally speaking, London's ability to draw people is holding steady.

The city counted about 1.65 million overnight visitors in 2011 compared to about 1.61 million in 2010, according to the most recent Conference Board data. The economic impact of tourism is estimated at \$515.7 million for 2011 and \$490.3 million for 2010.

As for 2013, the World Figure Skating Championships, coming to Budweiser Gardens in March are expected to draw thousands of people.

"That (event) will have an estimated economic impact of \$28 million alone," Winston said. ANGELA MULLINS/METRO

# Non-profit hospital aims to improve 'animal welfare'

## Seeking funding.

New venture would mean better pet care, boarding options for needy pets



ANGELA MULLINS

angela.mullins@metronews.ca

Two veterinarians and a host of rescue groups are trying to launch a non-profit animal hospital in London.

The clinic would offer a variety of services, including spay and neuter surgeries, on a sliding-fee scale based on income. It would also offer pet boarding for people who are homeless or staying in a shelter because of domestic abuse.

Dr. Martha Harding, one of the veterinarians involved, said she was inspired to open the clinic after volunteering at the humane society.

London, like many other North American cities, has a problem with animal overpopulation, something that became obvious through her work at the agency, she said.

"It's a tremendous animal-welfare issue that animals are in shelters for long periods of time and a lot of them are killed as a means of population control," Harding said. Improv-

ing "animal welfare is really my focus."

Leaders of the effort need about \$180,000 to open the clinic and are in the running for up to \$150,000 through the Aviva Community Fund.

To earn the Aviva money, the group needs online votes. People can show their support by searching for project No. 14032 at [avivacommunityfund.org](http://avivacommunityfund.org).

While the clinic would be based in London, it would serve 11 counties, stretching from Lake Erie to Georgian Bay.

Ontario has four similar clinics, all operated out of humane societies. The new hospital would be the first standalone facility in the province.

It's expected to have seven paid staff members and support from a long list of volunteers. A site has not been selected.

"The focus will be high-volume spay and neuter surgeries," Harding said, noting rescue groups would benefit from the service. "Our goal is at least 35 surgeries a day."

### Web info

For more information about plans for a non-profit animal hospital, visit [pawslondon.ca](http://pawslondon.ca) or email [martha.harding@gmail.com](mailto:martha.harding@gmail.com).



Lori Mattice, animal care manager at the London Animal Care Centre, pulls Paris, a three-month-old kitten living at the shelter, out of his cage Monday. Officials at the centre are well aware of animal overpopulation in the city, taking in around 2,500 stray cats and 1,000 stray dogs each year. ANGELA MULLINS/METRO

# Health minister kicks off flu shot campaign



Ontario Health Minister Deb Matthews receives her flu shot from a Rexall Pharma Plus pharmacist on Monday, kicking off the annual flu-vaccination campaign. Flu vaccine will be available at all Rexall locations. CONTRIBUTED

Health Minister Deb Matthews rolled up her sleeve to receive a flu shot at a Toronto pharmacy Monday, kicking off the province's annual vaccination campaign.

It's the first time flu shots will be available at about 600 pharmacies in Ontario.

The government cleared the way earlier this month for pharmacists to renew most prescriptions and offer some services previously provided only by doctors.

Matthews, who represents

the riding of London North Centre, says she hopes allowing pharmacists to provide flu shots will bring the province's 33 per cent take-up rate closer to the 50 per cent level seen in some other provinces.

Pharmacies will be paid \$7.50 for each flu shot given and the government says new regulations allow pharmacists to add a charge for renewing prescriptions.

About 600 pharmacies are offering the shots against influenza this season. The govern-

ment expects all 3,500 pharmacies in Ontario will be able

to offer the flu shots next year. THE CANADIAN PRESS

### Fleeing the flu

Simple steps to prevent the spread of the flu virus:

- Wash your hands frequently.
- Keep your hands away from your face.

- Cough and sneeze into your arm, not your hand.
- Keep common surface areas clean and disinfected.
- If you get sick, stay home.

PUBLIC HEALTH AGENCY OF CANADA

### Allergy and immunology

#### Program moves to St. Joseph's

The allergy and immunology clinic moved Monday from London Health Sciences Centre to newly-renovated outpatient clinic space in the former birthing centre at St. Joseph's Hospital, in Zone B, Level 3. METRO

### RIDE stop

#### Man with drugs in plain sight charged

A London man was charged with marijuana and cocaine possession after a RIDE stop revealed the drugs in plain view, OPP said. Leon Kofman, 21, was stopped in Middlesex Centre on Friday night. METRO

### Failure to comply

#### Man arrested for bail violation

Brett Power-Allore, 22, of Strathroy-Caradoc was arrested for a bail violation during a RIDE stop in Middlesex Centre on Friday night. After an investigation, the vehicle passenger was charged with failure to comply with an officer. METRO

### Drunk driving

#### Public tip leads to OPP arrest

A call to OPP from the public has led to drunk-driving charges against Neil Salters, 32, of London. On Saturday, authorities responded to a traffic complaint and stopped a vehicle in Adelaide-Metcalf. METRO

### Motorcycle crash

#### Traffic accident leads to arrest

Bradley McCann, 53, of London has been charged with impaired driving and resisting arrest after a motorcycle accident Sunday afternoon on the westbound ramp of Highway 401 at Highbury Avenue. METRO

### Name not released

#### Disabled man killed in fire

A fire inside a south-end apartment building has killed a disabled London man. Fire crews were called to the scene on Belmont Drive, near Wharncliffe, on Sunday night. Investigators say the man was bed-ridden. METRO

# Man on a mission: On call and loving every Mars minute of it

**Search for life on Mars.**  
Physicist's life on Earth consumed by project

AMBER  
SHORTT  
Metro in Toronto

The vows had been said and the pictures taken, but when it came time to crack open the kegs the best man, and the person responsible for getting the beer flowing, couldn't be found.

That's because Nick Boyd, a 29-year-old physicist from Picton, Ont., had slipped away from his brother's wedding reception to attend to the one thing more demanding than a tent full of thirsty guests: The Mars rover Curiosity.

"A few people came to hurry me along," said Boyd, the operations lead for the team managing the day-to-day functions of the Alpha Particle X-Ray Spectrometer, the Canadian-built instrument on the rover. He had to build a file to send back to NASA's Jet Propulsion Laboratory in California, where he's spent the last three months working with scientists from around the world conducting experiments on Mars.

"It consumes your whole life for this early period," said Boyd, adding the mission, officially called the Mars Science Laboratory, has so far gone "amazingly smoothly."

"You'll do whatever it takes to make the mission go well."

Boyd has devoted the bulk of his professional life, the last six years, as part of the University of Guelph team that developed the APXS, one of 10 instruments carried by Curiosity. It identifies the chemical composition of Martian rock and soil — information geologists are using to determine whether Mars was ever able to support life.

He said he still finds it surreal to be communicating with the machine on another planet.

"It was never a given that

## Quoted

"We're taking a very, very big role in this mission ... and it's something that everyone should be able to take some pride in."

Nick Boyd, on Canada's involvement in the Mars Science Laboratory mission.

we were going to land safely," said Boyd, thinking back to the knot in his stomach on the Aug. 5 landing day. He said all he could think was "it's my career that's strapped to that car with a jet pack."

But after the landing crew "won the biggest game of their lives," Boyd only nabbed a couple hours sleep before his work began.

Since then, the tactical team has been working in two shifts on "Mars time" to ensure it gets the most out of Curiosity.

The first shift analyzes the data that comes back from the rover and creates a plan for Curiosity's next day. The second shift then takes the plan and turns it into a series of sequences that are transmitted to "drive" the rover.

"Every day is determined by the morning on Mars"

Since a Martian day is 40 minutes longer than Earth's, the team's shifts change by 40 minutes daily. Boyd likens it to being persistently jet lagged, and said he often forgets to eat and has to recalculate every day whether he'll get stuck in rush hour.

"You can tell when we're in a time period that doesn't line up with Earth," said Boyd, noting tempers at the lab get a little shorter.

However NASA has a way to make sure cooler heads prevail: A giant freezer kept full of Drumsticks and ice cream sandwiches.

"It's considered to be a very good investment in the general sanity of the team," Boyd said.



Nick Boyd stands in front of the test bed rover at NASA's Jet Propulsion Laboratory in Pasadena, Calif. The physicist with the University of Guelph has spent the last three months working with hundreds of scientists to conduct tests on Mars. CONTRIBUTED

## Transition back to Earth

Starting next month, the team will continue their work from their home labs. The mission is projected to last roughly two years, but Boyd is cautious when talking about how long Curiosity will operate.

"It's not a good idea to make predictions of mission lifetime," he said, though he notes NASA's previous rovers that launched in 2003, Spirit and Opportunity, outlived their mission timelines. Spirit made it six years, and Opportunity is still going.

Mars, however, hasn't been an easy expedition. Roughly two-thirds of Mars missions since the 1960s have failed.

But whether it's another day or a decade, Boyd plans to soak

up every moment on the Red Planet.

"I tell people I'm in Year 5 of a five-year plan," he said. "I'm definitely enjoying the fruits of my labour."

## Curiosity

### A ton of fun on the 4th rock from the sun

Every movement of the Mars rover could be its last, which is why each day's operation is determined by the one before it, said Boyd.

"There's no chance to fix an instrument once it's gone to Mars," he said, adding a slip in the sand could cost

an entire day. Because of that, calculations must be tested and retested on a stunt-double rover at JPL's simulated Mars field — something Boyd said is serious work, but also "like a little boy's dream play date."

"My job is a ton of fun. I get to play with a lot of great toys and work with a lot of great people," he said. Though he said it can get him into trouble when he gets so caught up with robots that he forgets to call his wife, Allison, who is back in Guelph and pregnant with the couple's first child.

AMBER SHORTT/METRO IN TORONTO

## Mars. APXS big deal for Canadian science

Iain Campbell, APXS co-investigator at the University of Guelph, said the instrument has already analyzed several rocks and soil samples on Mars.

"Everyone on this mission is very, very excited," he said, noting that a less advanced version of the APXS was on the Spirit and Opportunity rovers.

Those missions found evidence that Mars had once contained water, and Campbell is optimistic that Curiosity will be able to top those findings.

"Will these discoveries be the remnants of carbon-based life-forms? I don't know," he said. "But I hope it will be."

Campbell said the mission is also an important one due to the current concerns on climate change. He said Mars transitioned from being alkaline-based to more acidic billions of years ago, and scientists hope to figure out what caused that change. He said the landing site was chosen partially because it contained rocks with layering that represented both environments.

As for the next project, Campbell said the U of G team, lead by principal investigator Ralf Gellert, is already working ahead on the next generation of the APXS.

"It's a big thing for Canadian science," said Campbell, noting the current \$2.5-billion mission is the largest exploration expedition in history. "If you want to play in the big leagues ... Canada is there."



Iain Campbell

## By the numbers

**567M** Curiosity landed inside Mars' Gale Crater at the base of Mount Sharp on Aug. 5 after travelling 567 million kilometres.

**899** Curiosity rover weighs 899 kilograms, and is powered by a multi-mission radioisotope thermoelectric generator and lithium-ion batteries.

**98** The Mars Science Laboratory primary mission is projected to last 98 weeks — or one Martian year. Courtesy NASA



NASA's Curiosity rover aimed two instruments to study a rock known as 'Jake Matijevic'. The red dots are where the Chemistry and Camera (ChemCam) instrument zapped it with its laser. The purple circles indicate where the Alpha Particle X-ray Spectrometer trained its view.

MSSS/JPL-CALTECH/NASA/AFP/GETTY IMAGES

# Expert convictions a 'sad day for science'



This April 6, 2009, photo shows an aerial view of the destruction following an earthquake in the city of L'Aquila, central Italy. THE ASSOCIATED PRESS FILE

## Italian court ruling.

Experts found guilty of manslaughter for failing to adequately warn about deadly 2009 earthquake

In a verdict that sent shock waves through the scientific community, an Italian court convicted seven

experts of manslaughter on Monday for failing to adequately warn residents of the risk before an earthquake struck central Italy in 2009, killing more than 300 people.

The defendants, all prominent scientists or geological and disaster experts, were sentenced to six years in prison.

Earthquake experts worldwide decried the trial as ridiculous, contending

## Quote

**"I am dejected, desperate ... I thought I would have been acquitted."**

Enzo Boschi, former head of the National Institute of Geophysics and Volcanology. He was among those convicted Monday.

there was no way of knowing that a flurry of tremors would lead to a deadly quake.

"It's a sad day for science," said seismologist Susan Hough, of the U.S. Geological Survey in Pasadena, Calif. "It's unsettling."

That fellow seismic experts in Italy were singled out in the case "hits you in the gut," she said.

In Italy, convictions aren't definitive until after at least one appeal, so it was unlikely any of the defendants would face jail immediately. THE ASSOCIATED PRESS

## Your source for Windows 8 Coming October 26



**Beautiful, fast, fluid.**  
Reimagined to be a reflection of you.

- New customizable start screen
- Cloud Connect
- Built-in & downloadable apps
- Multi-device—use Windows 8 on desktops, laptops & tablets



**Your Windows® 8 experience.  
Make it better with HP.**



**Windows 8**



## The final round

Moderator Bob Schieffer, right, watches as U.S. President Barack Obama shakes hands with Republican presidential candidate Mitt Romney during the third presidential debate, Monday, at Lynn University in Boca Raton, Fla. Read full coverage of the debate at metronews.ca. THE ASSOCIATED PRESS

## iPad mini? Bloggers have inside scoop on launches

On Tuesday, the world's attention will turn to California, where Apple is set to make a product announcement that will undoubtedly flood Facebook and Twitter with countless posts lusting after what's expected to be a smaller, more mobile 20-centimetre iPad.

In the high-stakes world of Apple rumour-mongering, two Canadian bloggers have built sterling reputations for accurately revealing details about new iPhones and iPads well before the company does.

It was five months ago that Montreal-based Rene Ritchie forecasted Apple would release its new "iPad mini" this month for between \$200 to \$250. Whether he was right will soon be revealed, but past posts on his iMore.com site accurately reported details about the iPhone 4S, the iPhone 5 and the "new iPad" before Apple made its official announcements.

## Quoted

**"I'm just lucky enough that I get enough pieces that I can start to put things together."**

Rene Ritchie, a Montreal-based blogger

So what's his secret? Ritchie says he has various sources within Apple and at other manufacturing, retail and mobile carrier companies that feed him information from time to time.

Other elite tech bloggers have come to trust Ritchie given his spot-on coverage over the past year or so, says Jim Dalrymple, another Canadian who's looked to for Apple scoops. Dalrymple co-runs the website The Loop out of his home office in Bedford, N.S., just outside Halifax.

THE CANADIAN PRESS

## Market Minute



**DOLLAR**  
100.75¢  
(+0.07¢)



**TSX**  
12,403.54 (-12.44)



**OIL**  
\$88.73 US (-\$1.32)



**GOLD**  
\$1,726.30 US (+\$2.30)

**Natural gas:** \$3.452 US (-16.5¢)  
**Dow Jones:** 13,345.89 (+2.38)

thesource.ca

**THE SOURCE™**  
I WANT THAT

# TEN THINGS TO STOP WORRYING ABOUT RIGHT NOW



**SHE SAYS...**  
Jessica Napier  
metronews.ca

Lately, I've been thinking about how much time I waste fretting about entirely inconsequential things. We tend to allow trivial concerns — our follower count on Twitter,

looking good at the gym — to occupy our minds instead of directing our time and energy to more important pursuits. No more, dear readers, no more. If you worry about any of these things, you need to laugh at yourself immediately, then stop.

**1** Who will get kicked off next week's episode of *The Bachelor Canada*. Dedicating any brain cells to worrying about reality-TV relationships is ridiculous when we all know these showmances only last about 10 minutes after the cameras stop rolling.

**2** Running into someone while wearing the exact same outfit you wore yesterday. Sometimes we buy new clothes and like to wear them two days in a row and that's OK, everyone, because we all do it.

**3** Purchasing embarrassing drug store items. Because at 27 years old, I shouldn't blush uncontrollably every time I need to pick up a box of tampons.

**4** Your dress size. Not because having a healthy body isn't important, but because clothing manufacturers are increasingly making these numbers up and arbitrarily assigning digits for vanity (or shame) sizing purposes.

**5** Being alone in a public place. Stop eyeballing your iPhone every five seconds; everyone else is far too self-involved to notice you sitting by yourself at a restaurant.

**6** Whether or not the other people on the bus are judging your reading materials. Reading *50 Shades of Grey* on public transit is about as scandalous as wearing a turtle-neck while watching a PG-rated film.

**7** Thinking up an original Halloween costume. It's not going to happen, no matter how unique or creative you think you are — someone else is going to do the same thing, and they're probably going to do it better than you.

**8** Why your newly engaged friend didn't pick you to be a bridesmaid/groomsman. Instead of fretting about not being included, think about what you're going to do with the hundreds of dollars you'll save.

**9** Whether your stuff "matches" with your other stuff. Making sure your furniture/nail polish/shoes are the correct shade of Pantone tangerine is a quintessential example of the "small stuff" you should not sweat.

**10** How many calories are in this? If you have to think about it then you already know the answer is probably too many.

Follow Jessica Napier on  
Twitter @MetroSheSays



Wondering what shade to choose? Here's a tip: No one actually cares. **FLICKR**

## 7 wins — those never happened



GETTY IMAGES

### Doping

#### Icon loses Tour de France titles

There was an Armstrong, Neil, who walked on the moon and another, Louis, who sang sweet jazz. But Lance Armstrong, seven-time Tour de France winner?

That never happened. "He deserves to be forgotten in cycling," Pat McQuaid, president of the International Cycling Union, said Monday as he erased Armstrong's victories from the record books after his group accepted sanctions imposed by the U.S. Anti-Doping Agency.

THE ASSOCIATED PRESS

### Culture of secrecy

The doping doubts were there since 1999.

- A positive urine test for banned corticosteroids at the 1999 Tour was explained away and covered up by one of Armstrong's doctors, a former team masseuse testified years later.

- A book in 2004 where the same masseuse said she gave Armstrong makeup to hide needle marks on his arm was met with writs from Armstrong's lawyers and furious denials from him.

### Overcoming obstacles

#### Beating cancer, Tour wins inspired many

No sporting icon peddled a tale quite like this one.

The Texan from a broken home who became a world champion, then was struck down by testicular cancer that spread to his lungs and brain, but who still rolled up in 1999 at the Tour, a three-week endurance test so tough that it has defeated many men who didn't endure gut-wrenching chemotherapy and carry the scars of tumour-removing surgery.

He became the living embodiment of the idea that willpower can overcome any obstacle. **THE ASSOCIATED PRESS**

### Loosen tongues

The feds "placed a gun and a badge on the table," said McQuaid, and the Great Wall of Silence crumbled.

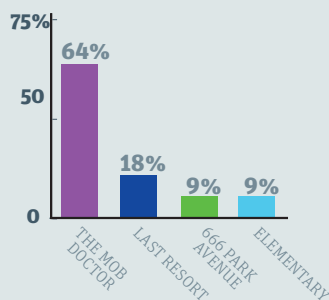
- Former teammates explained how they used subterfuge to beat testers. Tyler Hamilton said they simply hid, not answering the door if a sample collector showed up. There was no test, and still isn't, to show that riders were re-injecting themselves with bags of their own blood.

SEE SPORTS, PAGE 14, FOR MORE COVERAGE.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

What new TV show should be the next to be cancelled?



### Twitter

**@zacharymadford:** It's dumb when people don't follow me on Twitter.

**@slicemage:** How do I make a complaint in #LdnOnt about plants obstructing a sidewalk? #pedestrian

**@nicestbassist:** If I sit at Chapters, read a magazine and then put it back on the shelf is that an illegal download?

**@xtinarelke:** Sleep? What is that? #midterms #uwo #westernu

**@whatthemehkek:** At this point in my university career, the better question to ask is when am I not running after the bus? #uwo #westernu

**@n03114:** These laundry machines sound like they're going to blow up #peregrine #fanshawe



**President:** Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada:** Greg Lutes • **Editor-in-Chief:** Charlotte Empey • **Deputy Editor:** Fernando Carneiro • **National Deputy Editor, Digital:** Quin Parker • **Managing Editor, London:** Jim Reyno • **Managing Editor, News & Business:** Amber Shortt • **Managing Editor, Life & Entertainment:** Dean Lisk • **Vice-President, Sales:** Quin Millar • **Sales Manager:** Charlotte Piper • **Distribution Manager:** Rob Delvallet • **Vice-President, Business Ventures:** Tracy Day • **Vice-President, Creative:** Jeff Smith • **Vice-President, Marketing & Interactive:** Jodi Brown • **Vice-President, Finance:** Phil Jameson • **METRO LONDON:** 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • **adinfo@london.metronews.ca** • **Distribution:** london\_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

## DVD reviews



## Magic Mike

Director. Steven Soderbergh

Stars. Channing Tatum, Alex Pettyfer, Olivia Munn

●●●●●

Steven Soderbergh's latest genre exercise mines Channing Tatum's real-life male-stripper memories for maximum swagger, yet this is anything but a macho version of Showgirls or Burlesque. It's a realistic portrayal of a business that sells sizzle onstage, with plain sweat backstage to make it happen. Dancing at Tampa's Xquisite nightclub has been fun and reasonably profitable for Mike, but he's smart enough to observe how it has turned out for club owner Dallas (Matthew McConaughey), who also emcees and croons, from a cool cat into a cynical caricature. Still, Mike wants an equity share in the club, a carrot Dallas dangles but never drops. A new guy, Adam (Alex Pettyfer), starts stripping at the club and begins to threaten Mike's dominance of the dance floor. Adam's a loose cannon with a propensity for self-destruction and he puts a damper on sparks that develop between his sister Brooke (new face Cody Horn, well cast) and the romance-averse Mike. The strip-show numbers in Magic Mike are more humorous than sexual, which may disappoint anyone who attends hoping to see the real "full monty" on display. That never happens — think Exotica more than Boogie Nights.

PETER HOWELL



Taylor Swift says her infectious hit We Are Never Ever Getting Back Together happened 'really spontaneously.' MATTY SAYLES/THE ASSOCIATED PRESS

# We are never, ever getting tired of Taylor

**Red.** Nashville singer with strong country roots enlists the help of pop music powerhouses for her fourth album

IAN GORMELY  
scene@metronews.ca

No matter how many pop hits she scores, Taylor Swift will always be a country girl.

"In my mind, I'm always going to be a country artist because that's home to me," says the 22-year-old Nashville-based singer.

"The innate writing style of country music is

what formed me as a songwriter."

Yet after penning all the tracks on her last record on her own, Swift decided to team up with a who's who of pop songwriters for her fourth album, Red, which hit stores today.

"I wanted to figure out a way to push myself into a different comfort zone," she says.

Along with writers like Dan Wilson, who co-wrote Adele's mega-hit Someone Like You, Swift enlisted the help of Max Martin, the man behind Kelly Clarkson's Since U Been Gone, and Britney Spears' ...Baby One More Time.

Together with Martin's protégé, Shellback, the trio co-wrote her own cur-

rent smash, the infectious and decidedly un-country We Are Never Ever Getting Back Together, and, as she says, it all happened "really spontaneously."

"It's really brought something different out of this album," she says.

"I think that there are definitely influences from every genre that I'm a fan of on this record."

Both U.K. singer/songwriter Ed Sheeran and Snow Patrol's Gary Lightbody make appearances on the record, the latter of whom Swift points to as a source of inspiration for her cinematic lyrics.

"The more you let people into the details," she says, "the more people feel welcomed into those experiences."

## Weird in the woods

Watching the music video for We Are Never Ever Getting Back Together, it's hard not to notice the group of musicians dressed up as woodland creatures. Those oversized animals are actually Swift's backing band. She says the costumes were director Declan Whitebloom's idea and when she told the musicians, "they looked at me deadpan like, 'This is not happening.'" Yet while filming the single-shot clip, the band "got loopy," the results of which are on the screen. "It's the most random thing I've ever done in a video," says Swift. "It makes me laugh to this day."

# Diamond Rings gets ready to shine

**New album.** Singer leaves his indie roots behind and embraces his inner pop star

IAN GORMELY  
scene@metronews.ca

When it came time to follow up his bedroom-pop breakthrough, Special Affections, John O'Regan, best known to the world as Diamond Rings,

didn't bother trying to recapture the intimacy of his debut.

Instead, he opted to leave his indie roots behind and make the full transformation into a proper pop star.

"It's more about an attitude and confidence in one's self," he explains.

"Anyone who has the courage and the intestinal fortitude to put themselves out before the world in a way that's sincere and relatable, and above all else, different and unique.

As simple as embracing your inner pop diva sounds, it wasn't an easy process. "It's really hard to write and sing about things that are obvious and relatable in a way that's fresh and new," he says.

"I don't know if I did that. I did my best."

Writing for the record, Free Dimensional, was completed before his debut even dropped, after O'Regan was treated for Crohn's disease.

"It's a celebration of life and being alive," he says.



John O'Regan, a.k.a. Diamond Rings. SARAH DEA FOR TORSTAR NEWS SERVICE

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Sources say attempts to save troubled star not motivated by spotlight

It looks like the folks behind the attempted intervention for Lindsay Lohan last week had good reason to be concerned about the troubled actress. Several friends of Lohan insist to Radar Online that she's partying again and out of control, and her dad, Michael Lohan, is reportedly eager to put her under a

conservatorship similar to the one Britney Spears' father used. "People who party with Lindsay have confirmed her excessive partying and getting wasted," a source says. "Even some of the people who have enabled her partying have come clean and revealed what's going on."

## Twitter



**@RedHourBen**

Zoolander LadyGaga story is not true. Weird that OK magazine would print something untrue. Weird to read a made up story on the internet.



**@Joan\_Rivers**

Congratulations to Adele on the birth of her 68 pound 8 ounces bouncing baby boy.



**@RealVinceVaughn**

my verification is pending.

## Celebrity Halloween: A how-to guide

**MONICA WEYMOUTH**  
scene@metronews.ca

For all those hard at work on a show-stopping Halloween costume, we salute you. For all those planning to rummage through their closet at 9 p.m. on the 31st, we feel you. These celebrity-inspired costumes won't win you any contests, but they'll probably qualify you for free candy.

### Tina Fey

This one's easy: Just throw on a pair of designer glasses that perfectly fit your face. Then get a blow-out that's not too fussy but adds enough volume and shine to show you care. Lose 15 pounds and wear something young but expensive. Accessorize with a great job and a ton of talent that you casually brush off. Wait a second — Tina Fey, we're on to you, girl.

### Zooey Deschanel

The essentials: A vintage

a-line dress, lots of eyeliner, sexy librarian glasses, knee socks. Bonus points: An entourage of 20-something girls who resent you for reasons they can't quite explain.

### Sexy Louis C.K.

Cut a deep V in an over-size black T-shirt that's faded enough to really show the grease stains. If possible, resist the urge to make jokes about having sex with dead things.

### Prince Harry

Shower with things that smell rich, woodsy and clueless. Put on a very large, very expensive watch. And ... well, you're good to go.

### Avril Lavigne and Chad Kroeger

The perfect couple's costume for 2012: Rummage through the punk store clearance rack, then roll around on the floor, making sure to soak up all that was wrong with 10 years ago. Hit on the underage cashier, douse yourself in Axe body spray and go shoot some 'edgy' engagement photos.

## What does your freedom look like?



You tell us what. We'll show you how.  
[tellusyourfreedom.ca](http://tellusyourfreedom.ca)





Are you a new parent needing some sleep? There's an app for that. ISTOCK PHOTOS

## Sleep-deprived new parents can finally get some shut-eye

**New product.** Former chart-topping musician has come up with an app that can help lull those cranky babies back to sleep

BRIGITTE NOËL

life@metronews.ca

The sallow skin, bloodshot eyes and dark circles of the living dead are a popular Halloween look for those seeking a cheap and easy costume. For the struggling parents of a newborn baby, achieving this look requires little effort. Thankfully, there just might be an app for that.

Barry Authors is a Canadian musician whose single

### Online

Where can you find the app for your phone?

- **Online.** BabyDoze is available for both iPhone and Android. More details at [babydoze-wombsound.com](http://babydoze-wombsound.com).

Authors says of his invention. "We had phenomenal results with testing."

His product's premise is simple — lulling babies to slumber using the sounds they hear before they are born.

This combination includes the thumping of a heartbeat, the whoosh of amniotic fluid and the hissing of circulating blood.

Not the stuff of Top 40 hits, but it's proved a winning formula for Authors, who created the recording during his wife's first pregnancy.

"There are lots of things that people say calm babies: noises of the sea, sounds that simulate the sound in the mother's womb," Authors says. "This doesn't simulate; this is exactly the sound that the baby hears."

No Charge reached the top of the U.K. charts in 1976.

Now he's produced what could be his greatest hit to date.

It's called BabyDoze, and it's an app that claims to give new parents what they desire the most — rest.

"Sit me down with 10 babies, and nine or 10 will go to sleep if they're crying,"

## Want to prevent a cold? Avoid your T-zone

CELIA MILNE

life@metronews.ca

Ew, yuck. Everyone around you is coughing and sneezing.

You've heard all about washing your hands to prevent the flu.

Here's another simple rule: Keep fingers away from your face.

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an international infection prevention expert. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Kids can certainly benefit

from this advice right now, as the common cold usually reaches a zenith about four to six weeks after school starts. And adults are good at sharing germs too. On Global Handwashing Day last week, a report surfaced in the U.K. that one in 10 credit cards is as dirty as a toilet bowl.

"Only you can prevent the flu," says Sawyer. "If you never put your fingers to your hands, nose and mouth, you won't need to worry about how dirty your credit cards are; you wouldn't inoculate yourself."

Sawyer is a family physician in Cincinnati, Ohio.

He is the creator of Henry the Hand Foundation ([henry-](http://henry-thehand.com)



Kids and adults can benefit from some handwashing tips. ISTOCK PHOTOS

thehand.com), which teaches hand washing and disease prevention in the U.S. and Canada. "Spread the word, not the germs," is his motto.

Other flu prevention tac-

tics include getting the vaccine and practising what scientists call "social distancing," which means trying to stay at least a few feet away from sick people.

### Words to live by

Here are the four principles of hand-washing awareness. Use them and be sure others around you do too.

- **Number 1.** Wash your hands when they are dirty and before eating
- **Number 2.** Do not cough into your hands.
- **Number 3.** Do not sneeze into your hands
- **Number 4.** Do not put your fingers in your eyes, nose or mouth.

A Clinical Research Opportunity for People with GOUT FLARES

**My GOUT SYMPTOMS**  
just won't go away.

**Qualify for a local research study and you may receive an investigational GOUT medication that's designed to work differently than most other drugs.**

**No-cost study-related care.**  
**Compensation for time and travel.**

**Call 866-785-2186**  
or visit [www.GoutTrial.com](http://www.GoutTrial.com)

**Pregnant and New Moms:**  
**WANT HELP TO QUIT SMOKING?**

This is a Western University research study to help pregnant and postnatal women who currently smoke and want to become smoke-free. Participants will be compensated (paid) for their time.

For more information please call **519-661-3211 x 7**  
or email [smokefreemothers@gmail.com](mailto:smokefreemothers@gmail.com)

We'd love to hear from you.

# Hearty, rich and creamy chowder without excess fat



**ROSE REISMAN**  
for more, visit  
rosereisman.com

Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk. You'll be surprised at how creamy and rich the soup tastes at just 211 calories and 3.7 grams of fat per serving.

## Ingredients

- 2 cups corn niblets
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley



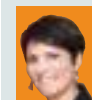
This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Lightly coat nonstick skillet with cooking spray and set over medium heat. Sauté corn 8 mins., stirring often until lightly browned. Purée half of corn in food processor. Combine puréed corn with the whole corn in small bowl and set aside.
2. Add oil to large, nonstick pot and set over medium heat. Add onion and garlic and sauté 4 mins. Add red pepper and sauté another 2 mins. Add potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 mins. or until the potato is tender.
3. Whisk flour and milk in a small bowl and gradually add to the soup. Add salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls and garnish with parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

## Health Solutions

### Smarter Snacking



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

We are a nation of snackers and it is a slippery slope.

On a recent trip to France, I noticed the utter lack of a snack.

Oh, sure, the French women have their espresso and rest at three or four in the afternoon, but it is a calorie-free respite that re-energizes.

In North America, we have confused treats and snacks. A snack is a small mouthful of food that nourishes you, on occasion, between meals.

A treat is something sweet or salty that you enjoy but you don't kid yourself that it gives you anything but empty calories (and pleasure).

If you really want to snack

well, consider these this afternoon:

- Green tea or espresso (single shot, unsweetened)
- Steamed edamame beans
- Hummus
- A handful of walnuts
- A cup of berries
- A tub of yogurt

Most foods in crinkly packages are treats. Yes, even if they say they only contain 100 calories, they are treats.

Go ahead and enjoy them, but treat them like any other guilty pleasure.

Be aware that they light up your brain but do not really feed your soul or your cells. THERESA ALBERT

IS AN AUTHOR AND NUTRITION-IST AT ROSE-DALEWELL-NESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



# Don't waste your money.

Here are some items that show

FRESH CO. is

**CHEAPER**

## FRESH CO.

MALDEN & DELMAR FRESH CO.  
5840 Malden Road  
LaSalle, On 519-250-6555

Served by: KAYLA

Fruitopi S/B Passion	\$1.47 H
Yogurt Balkan 750G	\$1.97
Cheez Whiz 500G 6810001026	\$4.99
Ice Cream Fr/Van 2L	\$4.99
Juice Orn 200ML 10 PK	\$1.97
Del Whl Cart	6000047200 \$0.77
Primo Sce	5590000662 \$0.77
Flakesof Ham	6310023150 \$0.97
Real Mayo	6840066260 \$4.49
Ormpo Bttry	5880748603 \$2.99
Fleecy Sheets 80EA	\$4.69 H
Maxx Multi Cat 7KG	\$7.49 H
SUBTOTAL	\$37.56
TOTAL TAX	\$1.77
<b>TOTAL</b>	<b>\$39.33</b>
TENDER	\$39.33
CHANGE	\$0.00

NUMBER OF ITEMS 12

09/20/12  
15:26:38

## WAL-MART

STORE #3115  
WINDSOR ONTARIO

FR STRAWB	005960007017	\$1.97 J
PLAIN YOG 6	006820075015	\$2.97 D
CHEEZ WHIZ	006810001022	\$5.17 D
CH PRE FRVAN	006294200022	\$5.87 D
MIN MAID OJ	005960001006	\$2.47 D
DM CARROTS	006000047200	\$1.37 D
PRIMO SAUCE	005590000662	\$1.47 D
FLKS HAM	006310023150	\$2.17 D
MAYO	006840066260	\$5.17 D
ORV MOVIEBTR	005880748603	\$3.47 D
FABRIC SOFT	005800000366	\$4.97 J
CAT LITTER	007023011686	\$7.98 J

SUBTOTAL \$45.05  
HST 13% \$1.94  
**TOTAL \$46.99**  
TENDER \$46.99  
CHANGE \$0.00

# ITEMS SOLD 12

09/20/12 14:30:34

FreshCo.com

**FRESH CO.**  
Fresher. Cheaper.

These receipts show identical items that were purchased at each respective store. The items we've selected include commonly purchased products. The specific store locations, dates, and times at which the purchases were made are shown on each receipt.

# Are you happy at home?

**Advice.** Bestselling author Gretchen Rubin is back with another self-help winner. She claims you'll be happier in life if you're Happier at Home. Here's why

**ROMINA MCGUINNESS**  
romina.mcguinness@metro.luc

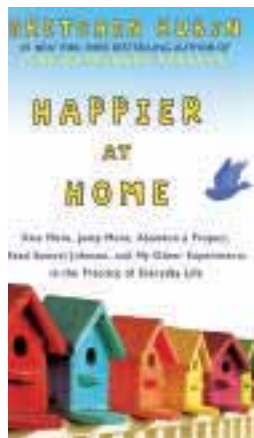
The moment Gretchen Rubin realized how many elements of a happy life focused on the home, she set about making small changes in her daily routine to help boost her overall happiness.

"If you're not happy at home, it's hard to be happy in your everyday life. Ideally, our home is a place that energizes and calms us, where we can have privacy but also engage with other people. If you're happy at home, you'll have a much stronger place from which to go out into the world," she tells Metro.

Want to be a happy homebody? Here's what Rubin suggests you do:



Gretchen Rubin and her book (below)  
Happier at Home. DAVE CROS



## 1. EMBRACE GOOD SMELLS: 'Home is the source of a lot of bad smells'

"People that suffer from anosmia (loss of the ability to smell) often become depressed. A good smell is a quick fix. It gives you an immediate lift. It's not like eating a cookie but having to count calories or reading a book but needing time. It doesn't have a cost. Just light a scented candle or have a bowl of fresh grapefruit in the kitchen."



## 2. KISS & HUG: 'Act the way you wish you felt'

"People think we act because of the way we feel when really, we feel the way we act. If you act in a loving, way and kiss or hug those you love daily, you can really foster those feelings in yourself. As you're communicating these feelings to somebody else, that person will then feel more beloved. Acting this way will also help drive out negative feelings such as anger or resentment."



## 3. JUMP!: 'Home is a state of mind and a physical experience'

"Our home is the symbolic resting place for our body. It's the launching pad of all your routines. Your body is everything — whatever you do, your body will always be there. Any of the habits related to caring for your body, you have to figure them out from home. So exercise better and act more energetic. Do a few jumps a day. Literally. It will put a spring in your step."



## 4. CLEAR OUT CLUTTER: 'Order contributes to inner calm'

"Living in a house where everything is falling into disorder can make you really unhappy. A crowded closet isn't a big deal, yet somehow it can weigh you down. Getting control over the inflow of 'stuff' will make you feel more in control of life in general. Make sure you only have things you need, use and love. Everything else can go."



## 5. READ THE MANUAL: 'How do I use this thing?'

"Most people pull and tug at something, try to rip it open and end up getting very frustrated when they fail. But usually you'll notice there's a tab or a little thing you pull to open. This applies to anything — whether you're trying to open a tin of beans or putting together a shelf. Take a few seconds to think, 'is there a way I'm meant to do this?'"



## 7. CREATE A SHRINE: 'Surround yourself with love'

"Even if you live alone, you have relationships that are a part of you. Making a sort of shrine — which can include anything from music, travel mementos, photo albums or jewelry — that creates a specific place that is full of love. You may want to have a wall of photographs of your friends or of your family to remind you of the things and people that make you happy."



## 8. GO TO BED: 'You'll be happier with more sleep'

"Some people think they're too tired to do anything except watch TV or cruise on the Internet and dedicate a lot of time to these very low grade activities that don't boost happiness. But don't let these activities eat up a lot of your time or you'll stay up too late and wake up feeling exhausted. If you were too tired to do anything but watch TV, then go to sleep."



### Clashing cultures

## When is the right time to serve the salad?

Dear Charles The Butler  
At our family table we have both North Americans and

Europeans. So the debate comes up on occasion, when should we serve the salad course? Should it be before (American Style) or after (European Style)?



**CHARLES THE BUTLER**  
askcharliesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

The salad course was traditionally served after the main course for two reasons: first, because the vinegar in the salad was not good with wine, and wine was far more important, so the salad course was delayed. In addition, the feeling was that the salad course was considered to

help with the digestion of the meal. At a formal table the salad course — just like any other course — is always served as a separate course.

With the invention and ever growing popularity of non-acidic salad dressings (mayonnaise base) like caesar dressing, the

vinegar issue became irrelevant and with fewer and fewer courses being served, the salad became an American choice to have before the main course.

Neither one nor the other is right or wrong, they are just different. So embrace each culture and enjoy the salad!



Tasty before or after main. ISTOCK

**QuestChat™**  
NORTH AMERICA'S BUSIEST CHAT LINE

**FREE TRIAL**

**519.439.4444**

Other Cities **1.888.482.8282**

questchat.com

Dial #CHAT(7428) .79/min\*  
Text "QUEST" to 96669 \$5/10min  
Free trial not applicable on #CHAT

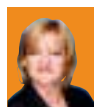


\$25/50min  
1.800.677.4444

\*19+ RESTRICTIONS APPLY

# Can you feel a chilly economic wind blowing through Canada?

**Alison on money.**  
The IMF warns of an economic domino effect



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Last week the International Monetary Fund (IMF) scolded Canada for “domestic vulnerability” with a softening housing market, a high unemployment rate of 7.3 per cent and record personal debt levels.

Economists point out that at 163 per cent of income, our debt ratio is similar to the Americans before their housing bubble burst.

The IMF shaved its 2012 growth projections for Canada from 2.1 per cent to 1.9 and two per cent next year, down from 2.2 per cent. This compares to global growth predictions of 3.3 and 3.6 per cent in 2012 and 2013.

The IMF worries that “a sharp or sustained decline in house prices could



Stashing your cash is one way to be prepared for lower economic growth. ISTOCK IMAGES

seriously set back the leveraged household sector and domestic demand.” In real speak, there’s potential for an economic domino effect.

A declining housing market puts pressure on family debt, seriously affecting what we

buy — a key driver of economic growth.

Lower growth means fewer jobs, especially in the housing sector, which is a huge job creator.

It’s not a pretty picture.

If you’re concerned that the

IMF’s fears will be born out, try this:

## 1. Take stock

Where are you vulnerable? Is it your mortgage or personal debt? If the government reduces borrowing by raising in-

terest rates or tightening mortgage insurance or qualification conditions, what will be most affected?

You might lock in an open variable mortgage, as some aren’t much lower than a five-year fixed term. You could also

## In numbers

# 18%

The housing sector accounts for 18% of GDP.

pay bi-weekly or make larger payments.

Homebuyers shouldn’t purchase until a larger down payment is in hand.

## 2. Cut spending

You can never go wrong here.

Challenge your family to live on a teeny, tiny budget for three months. Cut back holiday plans. Defer any non-essential big-ticket items. Be vigilant about leftovers and don’t let food items become stale-dated.

## 3. Build up cash

Money on hand can soften a blow from the unexpected. Increase your savings by one per cent. Stash change daily. Have a late-fall garage sale or sell things on eBay. Ask for cash gifts this holiday season or gift cards for gas or groceries. Many small steps have a big financial impact.

The sky may not fall, but it doesn’t hurt to be prepared.



The case for Canadians to shop south of the border is strong these days. ISTOCK IMAGES

# A frugal approach to cross-border shopping



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

I travel quite a bit, both for work and pleasure. Because I like to purchase unique items that are on sale, I hunt for deals while I’m on the road and I’m never afraid to ask for a discount from the posted price.

In June 2012, Canada loosened its duty-free limits, which means in a 24-hour period, a Canadian can return with \$200 worth of goods and not pay tax, which is four times higher than previously.

In a 48-hour period or longer, the limit is \$800 — twice as high as before.

The case for Canadians to shop south of the border is even stronger when you take into account a strong Canadian dollar and a glaring price gap that simply can’t be ignored.

According to a report from BMO published this past summer, U.S. products

tend to be at least 14 per cent cheaper.

On top of this, there is greater selection of brands and attractive discounts as the U.S. economy is still struggling.

As a result, Canadians appear to be shopping in the U.S. more often.

Before you head down to the U.S. for a football game and shopping spree, consider these frugal shopping principles.

- Research where to shop (outlet malls or shopping districts), what’s on sale, and when the best time to shop is (Black Friday, Thanksgiving, Christmas, spring, summer or fall).

- Don’t buy what you don’t need and stick to a budget.

- Scour the sale racks for last year’s top sellers and items that have just gone out of season (they’re probably still ‘in’ for Canada). Buy high-quality discounted items from bulk distributors.

- Ask whether local taxes qualify for exemption.

Sometimes stores will give you tax back right at the till (common in some U.S. states) while other times you have to bring your purchases and receipts to the airport (common in Europe).

- You are legally required to declare and pay tax on your purchases that exceed the exemption limit when you cross the border. Include this in your budget.

- Lastly, determine whether the cost of your trip is worth the savings. If you spend \$700 on airfare and a hotel, is it worth saving \$200?

Keep in mind that cross-border shopping is hard on local Canadian retailers.

But, according to CBC News, Canadian retailers are responding to the increased U.S. competition by expanding their product offerings, re-evaluating prices and upgrading the curb appeal of their stores. So don’t write-off the locals.

Follow Lesley on  
Twitter @LesleyScorgie



## NFL

**Panthers GM fired after brutal start**

Marty Hurney was fired Monday as general manager of the Carolina Panthers one day after star quarterback Cam Newton expressed his frustration with a 1-5 start.

The move came after Sunday's 19-14 loss to Dallas.

THE ASSOCIATED PRESS



Marty Hurney THE ASSOCIATED PRESS FILE

## NBA

**Foot injury keeps Kobe out of action**

Kobe Bryant skipped the Los Angeles Lakers practice Monday to rest his bruised right foot.

Bryant was injured during the third quarter of the Lakers' 99-92 pre-season loss to the Sacramento Kings on Sunday.

THE ASSOCIATED PRESS



Kobe Bryant, right, battles with Kings forward Thomas Robinson on Sunday in Los Angeles. THE ASSOCIATED PRESS

## NFL



**"You watch film and not everybody was playing hard every snap. And that's unacceptable."**

Buffalo Bills defensive end Chris Kelsay on Monday after a 35-34 loss to Tennessee, saying it's time for players to start holding each other accountable.

# Tour record book in tatters

**Cycling.** Losses continue to pile up as governing body erases Armstrong's Tour de France victories

Seven lines of blanks. From 1999 to 2005. There will be no Tour de France winner in the record book for those years.

Once the toast of the Champs-Élysées, Lance Armstrong was formally stripped of his seven Tour titles Monday and banned for life for doping.

As far as the Tour is concerned, his victories never happened. He was never on the top step of the podium. The winner's yellow jersey was never

on his back.

The decision by the International Cycling Union marked an end to the saga that brought down the most decorated rider in Tour history.

"Lance Armstrong has no place in cycling, and he deserves to be forgotten in cycling," said Pat McQuaid, president of the governing body. "Make no mistake, it's a catastrophe for him, and he has to face up to that."

It's also devastating for Tour de France organizers, who have to carve seven gaping holes from the honour roll of the sport's biggest event and airbrush Armstrong's image from a sun-baked podium on the Champs-Élysées.

From the sport's perspective, it's all gone.

"We wish that there is no winner for this period," Tour director Christian Prudhomme said Monday in Paris. "For us, very clearly, the titles should remain blank. Effectively, we wish for these years to remain without winners."

Armstrong's fiercely defended reputation as a clean athlete was shattered by the U.S. Anti-Doping Agency two weeks ago, when it detailed evidence of drug use and trafficking by his Tour-winning teams.

**Armstrong camp quiet**

Neither Armstrong nor his representatives had any comment about Monday's decision, but the rider was defiant in August when he chose not to fight USADA in one of the agency's arbitration hearings.

- He argued the process was rigged against him.

USADA released its report to show why it ordered Armstrong banned from competition back in August. Monday's judgment by the UCI was just the necessary next legal step to formalize the loss of his titles and expel him from the sport.

It will likely also trigger painful financial hits for Armstrong as race organizers and former sponsors line up to reclaim what are now viewed as his ill-gotten rewards, though the cyclist maintains he never doped.

The U.S. government could also get involved in a case brought by Floyd Landis, who was key to taking down his illustrious former teammate by turning whistleblower in 2010.

THE ASSOCIATED PRESS



Lance Armstrong speaks before a Livestrong charity event on Sunday in Austin, Texas. COOPER NEILL/GETTY IMAGES

**By the numbers**

**\$3.85M**

Tour de France director Christian Prudhomme wants Armstrong to pay back prize money from his seven wins, which the French cycling federation tallied at 2.95 million euros (\$3.85 million US). Armstrong was also awarded \$7.5 million plus legal fees from Dallas-based SCA Promotions Inc., which tried to withhold paying a bonus for the rider's 2004 Tour victory after it alleged he doped to win.

**PIMP & HOE | SUNDAY OCT 28**  
**COSTUME PARTY | LADIES FREE**

**\$2.75** Bottled Beers & Mixed Drinks  
5 PM TIL 8 PM EVERYDAY

**TOPLESS TUESDAY - "Need We Say More?"**  
**TEQUILA WEDNESDAY - 330ml Corona + Tequila shots \$3.75 each**

**Beef**  
Baron  
GENTLEMEN'S CLUB

624 York St. London 519-672-3430 beefbarononline.com

**LONDON KNIGHTS**  
ticket give-away every Saturday night!

## NHL to players: 'They know how to reach us'

Another day ticked by without progress in the NHL's collective bargaining talks.

The league and NHL Players' Association were each holding firm on their recent proposals Monday and have yet to even make plans for another bargaining session this week. With a Thursday deadline looming to reach an agreement and salvage an 82-game season, the sides appeared to be at odds over how best to proceed.

"(I'm) not sure there is any reason to meet if there is nothing new to say," deputy commissioner Bill Daly told The Canadian Press in an email. "Our position was communicated to the union pretty clearly last Tuesday and then again on Thursday."

**By the numbers**

**135**

The 37-day lockout has already seen 135 regular-season games wiped off the calendar. The NHL believes there would be enough time to add them back on and play a full season if an agreement could be reached in time to open abbreviated training camps on Friday.

"If they have a desire to meet with regard to the proposal we have on the table, they know how to reach us."

The sides touched base by phone over the weekend following a busy few days that saw each of them table new offers. They had been expected to gather in New York at some

point this week.

"They say they want a deal but then they say they only want to meet if it is on their terms," said Steve Fehr, the NHLPA's special counsel. "Strange. That is not the way to reach an agreement. Bargaining is give and take — not just take."

Last Tuesday, the NHL proposed a 50-50 split of revenues across the board as part of a deal that would see a full regular season begin on Nov. 2. The union countered Thursday with three different proposals, which all moved towards 50-50 over the course of the deal.

The biggest concern for the NHLPA is ensuring all current contracts are honoured in full.

THE CANADIAN PRESS

## Horoscopes

### Aries

March 21 - April 20

A breakthrough of some kind is likely today. It may or may not be financial in nature but it will certainly be something that makes your life simpler on a material level. You deserve it, so enjoy it.

### Taurus

April 21 - May 21

You get along with most people, but you also have a tendency to take over their lives and make decisions for them. That is something you need to curtail today, both for their benefit and for your own.

### Gemini

May 22 - June 21

The Sun's change of signs means you need to slow down a bit. You have started many new things in recent weeks and your main task now is to consolidate what you have gained. Don't be too greedy.

### Cancer

June 22 - July 23

The Sun moves into the most dynamic area of your chart today, which means the next few weeks are going to be special. You will find that the right opportunity arrives at just the right time. The fun days are here.

### Leo

July 24 - Aug. 23

It may seem to everyone else that you don't have a care in the world, but on the inside you can feel that something is missing. Start thinking of ways you can bring more meaning to your existence. It's important.

### Virgo

Aug. 24 - Sept. 23

You have been avoiding a certain person because you know they are going to say things you don't want to hear. That's too bad because at some point today they will corner you and make you listen.

### Libra

Sept. 24 - Oct. 23

You may be suspicious if someone offers you something for nothing today but the planets indicate you won't be cheated, so lighten up a little. Not everyone is out to deceive you, so don't deceive yourself.

### Scorpio

Oct. 24 - Nov. 22

Forget about everything that has gone before and focus on all the good things that are sure to come your way over the next few weeks. The Sun in your sign makes all things possible.

### Sagittarius

Nov. 23 - Dec. 21

The most important thing now is that you are totally honest with yourself. Don't try to pretend you have done well when you know it isn't true. It's not about judgment, it's about getting it right next time.

### Capricorn

Dec. 22 - Jan. 20

Even if you are the kind of Capricorn who does not like joining organizations, you will find it easy to get involved over the next few days. There are people out there who share your attitudes and ambitions. Find them.

### Aquarius

Jan. 21 - Feb. 19

The Sun's journey across the career angle of your chart means you should focus on your work and not worry too much about what else might be going on in your life. Put ambition first for a while.

### Pisces

Feb. 20 - March 20

Now that the financial pressure is beginning to ease, you may be tempted to spend a bit more money. That's fine but don't go over the top and get yourself into debt again. Keep that belt tight just a little bit longer. **SALLY BROMPTON**

## A Few Teams Are in Here

### Across

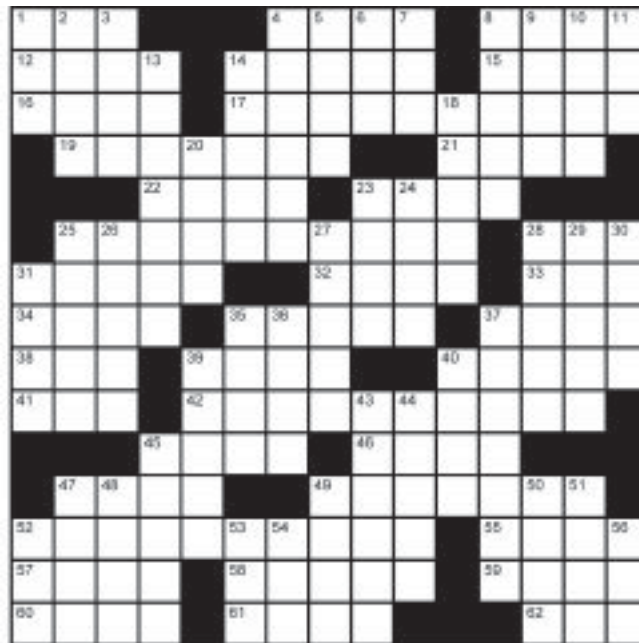
- Cable channel that broadcast *The Sopranos*
- "Quit it!"
- Lubricates
- Alero or Cutlass, in brief
- Mother of William and Harry
- Thought
- Slave away
- Put at risk
- The Gulf Islands are in BC's Strait of \_\_\_\_
- Stink
- Ancient France
- Animal den
- Calgary CFL team
- "I wandered lonely \_\_\_\_ cloud": start of Wordsworth's "Daffodils" (2 wds.)
- Vancouver CFL Team
- Like Bill Gates or Warren Buffet
- "My gal" of song
- Overnight stops
- Military bigwigs
- Boat
- Chess or checkers pieces
- Boast
- MTV audience
- Female sheep
- BC's wooded tropical region (2 wds.)
- Receives
- Regrets
- Revealed
- Northwest \_\_\_\_: Canadian sea route only recently open to regular marine shipping
- They handle our mail

(2 wds.)

- Armed conflicts
- Aardvark's meal
- Buenos \_\_\_\_, Argentina
- Audible exhalation
- Summer drinks
- Clairvoyant one
- Foot digit

### Down

- Fresh off the grill
- Electronic journal
- Garfield* comic strip dog
- 28-Across's quotation, e.g.
- Spanish appetizer
- Zero, \_\_\_\_, two, ...
- \_\_\_\_ for the course
- Edmonton NHL team member
- Not doing anything
- Chive relative that's the Welsh emblem
- Unhappy
- Campaign poster inscriptions
- Unearth (2 wds.)
- From the Emerald Isle
- Bashes into
- What visitors to Hawaii often receive
- Rainbow shapes
- Muscular strength
- 1,000 kilograms
- Chosen at random, as one's lottery ticket
- Barbecue residue
- Blessed one
- European mountains
- Green citrus fruit



- Spoiled kid
- Kings: Fr.
- Teeter-totters
- Belief system
- Very: Fr.
- The longest river in BC, it has its mouth at Vancouver
- Boots from office
- Greenskeepers cut it
- Toronto group that backed Bob Dylan as The

- Hawks; with "The"
- Put chips into a poker pot prior to receiving cards
- Skin opening
- A horse's canter or gallop
- Therefore
- Rescuers of stalled cars
- Small batteries
- "Easy as \_\_\_\_"
- That girl

## Yesterday's Crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku



Today

16°/12°

Thunderstorms

60%

Wednesday

22°/13°

Thunderstorms

40%

The Weather Network

Download WeatherEye to your smartphone.

©The Weather Network 2012

metronews.ca

CANADA'S FIRST NEWS APP IN

**NEWSSTAND**

Now available for iPad, iPhone and iPod touch!

Available on the App Store

\*First to market as of press time.

QuestChat

NORTH AMERICA'S BUSIEST CHAT LINE

**FREE TRIAL**

519.439.4444

Other Cities 1.888.482.8282

www.1911.com

FREE TRIAL

# LAST CHANCE!

Finch Chevrolet Cadillac Buick GMC has recently received a HUGE lump sum payout from General Motors to sell down all remaining 2012 cars, vans, trucks and suvs.

We will be selling ALL of our remaining 2012's at never seen before discounts.

**ARRIVE EARLY FOR BEST SELECTION BECAUSE WE WILL NOT BE ABLE TO DUPLICATE THESE SAVINGS ONCE THESE VEHICLES ARE SOLD.**

**ALL SALE PRICES INCLUDE ALL DEALER FEES AND ARE PLUS HST AND LICENSE ONLY**

## IN-STOCK 2012 INVENTORY

	MSRP	SALE	AVERAGE DISCOUNT	OUR DISCOUNT		MSRP	SALE	AVERAGE DISCOUNT	OUR DISCOUNT
GMC ACADIA SLE AWD	\$52,399	<b>\$41,479</b>	\$2,096	<b>\$10,920</b>	BUICK LACROSSE AWD	\$43,234	<b>\$34,979</b>	\$1,729	<b>\$8,255</b>
GMC ACADIA SLE AWD	\$49,114	<b>\$38,579</b>	\$1,965	<b>\$10,535</b>	CHEVROLET MALIBU LS SEDAN	\$26,269	<b>\$19,979</b>	\$1,051	<b>\$6,290</b>
GMC ACADIA SLE FWD	\$49,399	<b>\$38,779</b>	\$1,976	<b>\$10,620</b>	CHEVROLET ORLANDO 1LT	\$26,794	<b>\$21,979</b>	\$1,072	<b>\$4,815</b>
CHEVROLET CAMARO 2SS COUPE	\$49,559	<b>\$42,979</b>	\$1,982	<b>\$6,580</b>	CHEVROLET ORLANDO 1LT	\$26,804	<b>\$21,979</b>	\$1,072	<b>\$4,825</b>
CHEVROLET CRUZE ECO SEDAN	\$23,749	<b>\$22,779</b>	\$475	<b>\$970</b>	CHEVROLET ORLANDO 1LT	\$26,559	<b>\$21,679</b>	\$1,062	<b>\$4,880</b>
CHEVROLET CRUZE LS SEDAN	\$21,834	<b>\$21,079</b>	\$437	<b>\$755</b>	CHEVROLET ORLANDO 1LT	\$26,334	<b>\$21,220</b>	\$1,053	<b>\$5,114</b>
CHEVROLET CRUZE LS SEDAN	\$19,789	<b>\$19,379</b>	\$396	<b>\$410</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$23,479</b>	\$1,140	<b>\$5,020</b>
CHEVROLET CRUZE LS SEDAN	\$19,594	<b>\$18,979</b>	\$392	<b>\$615</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$23,479</b>	\$1,140	<b>\$5,020</b>
CHEVROLET CRUZE LS SPECIAL ED.	\$23,724	<b>\$22,879</b>	\$474	<b>\$845</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$23,479</b>	\$1,140	<b>\$5,020</b>
CHEVROLET CRUZE LS SPECIAL ED.	\$23,724	<b>\$22,879</b>	\$474	<b>\$845</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$23,479</b>	\$1,140	<b>\$5,020</b>
CHEVROLET CRUZE LT TURBO SDN	\$22,284	<b>\$21,379</b>	\$446	<b>\$905</b>	CHEVROLET ORLANDO 2LT	\$28,004	<b>\$22,979</b>	\$1,120	<b>\$5,025</b>
CHEVROLET CRUZE LT TURBO SDN	\$22,284	<b>\$21,379</b>	\$446	<b>\$905</b>	CHEVROLET ORLANDO LTZ	\$34,614	<b>\$28,979</b>	\$1,385	<b>\$5,635</b>
CHEVROLET CRUZE LT TURBO SDN	\$22,284	<b>\$21,379</b>	\$446	<b>\$905</b>	BUICK REGAL E-ASSIST	\$38,929	<b>\$31,479</b>	\$1,557	<b>\$7,450</b>
CHEVROLET CRUZE LTZ TURBO SDN	\$30,589	<b>\$29,479</b>	\$612	<b>\$1,110</b>	BUICK REGAL GS	\$45,834	<b>\$37,579</b>	\$1,833	<b>\$8,255</b>
BUICK ENCLAVE CXL FWD	\$53,834	<b>\$42,979</b>	\$2,153	<b>\$10,855</b>	BUICK REGAL TURBO	\$38,274	<b>\$32,779</b>	\$1,531	<b>\$5,495</b>
CHEVROLET EQUINOX LS FWD	\$28,524	<b>\$24,679</b>	\$570	<b>\$3,845</b>	GMC SIERRA CREW 4WD	\$51,294	<b>\$35,479</b>	\$3,078	<b>\$15,815</b>
CADILLAC ESCALADE ESV AWD	\$100,749	<b>\$82,979</b>	\$6,045	<b>\$17,770</b>	GMC SIERRA CREW 4WD	\$44,579	<b>\$31,279</b>	\$2,675	<b>\$13,300</b>
CHEVROLET SONIC LTZ SEDAN	\$23,674	<b>\$22,279</b>	\$473	<b>\$1,395</b>	GMC SIERRA SLE 2500 REG 4WD	\$47,604	<b>\$36,979</b>	\$2,856	<b>\$10,625</b>
CHEVROLET SONIC LTZ SEDAN	\$23,674	<b>\$22,179</b>	\$473	<b>\$1,495</b>	CHEVROLET SONIC LS SEDAN	\$18,789	<b>\$17,679</b>	\$376	<b>\$1,110</b>
CADILLAC SRX AWD	\$49,254	<b>\$40,979</b>	\$1,970	<b>\$8,275</b>	CHEVROLET SONIC LT 5-DOOR	\$22,014	<b>\$20,579</b>	\$440	<b>\$1,435</b>
CHEVROLET TRAVERSE 1LT FWD	\$41,744	<b>\$31,979</b>	\$1,670	<b>\$9,765</b>	CHEVROLET SONIC LT 5-DOOR	\$21,529	<b>\$20,179</b>	\$431	<b>\$1,350</b>
CHEVROLET TRAVERSE 1LT FWD	\$43,134	<b>\$33,279</b>	\$1,725	<b>\$9,855</b>	CHEVROLET SONIC LT 5-DOOR	\$21,634	<b>\$20,179</b>	\$433	<b>\$1,455</b>
CHEVROLET VOLT	\$45,859	<b>\$35,279</b>	\$917	<b>\$10,580</b>	CHEVROLET SONIC LT SEDAN	\$27,089	<b>\$24,479</b>	\$542	<b>\$2,610</b>
CHEVROLET SONIC LS 5-DOOR	\$17,339	<b>\$16,479</b>	\$347	<b>\$860</b>	CHEVROLET SONIC LTZ 5-DOOR	\$24,174	<b>\$22,779</b>	\$483	<b>\$1,395</b>
CHEVROLET SONIC LS 5-DOOR	\$19,789	<b>\$18,679</b>	\$396	<b>\$1,110</b>	CHEVROLET SONIC LTZ SEDAN	\$24,054	<b>\$22,479</b>	\$481	<b>\$1,575</b>
					CHEVROLET SILVERADO EXT 4WD	\$39,419	<b>\$27,979</b>	\$2,365	<b>\$11,440</b>
					CHEVROLET SILVERADO EXT 4WD	\$40,879	<b>\$28,979</b>	\$2,453	<b>\$11,900</b>

## COMPANY DEMONSTRATORS

	MSRP	SALE	AVERAGE DISCOUNT	OUR DISCOUNT		MSRP	SALE	AVERAGE DISCOUNT	OUR DISCOUNT
CADILLAC CTS 3.0L SEDAN	\$42,634	<b>\$30,995</b>	\$1,705	<b>\$11,639</b>	CHEVROLET EQUINOX LTZ FWD	\$39,079	<b>\$32,995</b>	\$1,563	<b>\$6,084</b>
CADILLAC CTS 3.0L SEDAN	\$51,979	<b>\$38,995</b>	\$2,079	<b>\$12,984</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$21,995</b>	\$1,140	<b>\$6,504</b>
CHEVROLET EQUINOX 1LT FWD	\$33,659	<b>\$27,695</b>	\$1,346	<b>\$5,964</b>	CADILLAC SRX LUXURY PKG.	\$49,849	<b>\$39,995</b>	\$1,994	<b>\$9,854</b>
CHEVROLET CRUZE LS SEDAN	\$21,239	<b>\$19,995</b>	\$425	<b>\$1,244</b>	CADILLAC CTS 3.6L COUPE	\$50,919	<b>\$38,995</b>	\$2,037	<b>\$11,924</b>
GMC YUKON SLT 4WD	\$70,159	<b>\$49,979</b>	\$4,210	<b>\$20,180</b>	CHEVROLET CRUZE ECO SEDAN	\$24,519	<b>\$23,495</b>	\$490	<b>\$1,024</b>

**finch**  
CHEVROLET • CADILLAC • BUICK • GMC

**1.888.257.4537** 640 Wonderland Rd North

Test drive our entire New and Pre-Owned Inventory online @

**www.seefinchfirst.com**

OXFORD ST.



WONDERLAND RD.